DEFINITION

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"Primary health care is essential health care made universally accessible to individuals and acceptable to them, through their full participation and at a cost that the community and country can afford".

PRIMARY HEALTH CARE

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- Primary health care is essential health care and technology based on practical scientifically sound and social acceptable methods and technology made universally accessible to individuals and families in the community by means acceptable to them, through their full participation and at the cost that the community and country can afford.

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CHARACTERISTIC

Characteristics
It is essential health care which is based on practical, scientifically sound and socially acceptable methods and technology.
It should be rendered universally, acceptable to individuals and the families in the community through their full participation.
Its availability should be at a cost which the community and country can afford to maintain at every stage of their development in a spirit of self reliance and self-development.
It requires joint efforts of the health sector and other health-related factors, via., education, food and agriculture, social welfare, animal husbandry, housing, rural reconstruction, etc.

Characteristics of PHC

- 1. PHC reflects and evolves from the economic conditions and sociocultural and political characteristics of the country and its communities and
- 2. PHC is based on the application of the relevant results of social, biomedical and health services research and public health experience;
- 3. PHC addresses the main health problems in the community, providing promotive, preventive, curative and rehabilitative services accordingly;
- 4. PHC includes at least: education concerning prevailing health problems and the methods of preventing and controlling them; promotion of food supply and proper nutrition; an adequate supply of safe water and basic sanitation; maternal and child health care, including family planning;

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- 5.immunization against the major infectious diseases; prevention and control of locally endemic diseases; appropriate treatment of common diseases and injuries; and provision of essential drugs; Characteristics of PHC II
- 6. PHC should be sustained by integrated, functional and mutually supportive referral systems, leading to the progressive improvement of comprehensive health care for all, and giving priority to those most in need;
- 7. PHC relies, at local and referral levels, on health workers, including physicians, nurses, midwives, auxiliaries and community workers as applicable, as well as traditional practitioners as needed, suitably trained socially and technically to work as a health team and to respond to the expressed health needs of the community. Characteristics of PHC III

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PRINCIPLES OF PRIMARY HEALTH CA

Principles

- Equitable distribution
- Community Involvement
- Appropriate technology
- Focus on prevention
- Multi sectoral approach

PRINCIPLES

- Equitable distribution
- Coverage and accessibility
- Community participation
- Multi sectoral approach
- Appropriate health technology

Contd.....

- Human resource
- Services by community health worker
- Referral system
- Logistics of supply
- The physical facilities
- Control and evaluation

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Principles Contd...

(1) EQUITABLE DISTRIBUTION:

Health services should be accessible to all section of society, with special attention to the needy, vulnerable groups. This has been termed as "Social Justice".

(2) COMMUNITY INVOLVEMENT:

Since primary health care is for the people, by the people, the local community must participate in the planning, implementation and maintenance of health services.

- **EQUITABLE DISTRIBUTION:** it means primary health care services must be share equally by all the people.

- **COVERAGE AND ACCESSIBILITY:** Primary health care aims to provide health care to all the population living in any geographical area.

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Principles Contd...

(3) APPROPRIATE TECHNOLOGY:

Instead of going in for positive methods, equipments and technology, reliance must be placed on scientifically sound materials and methods that are socially acceptable. For example, oral rehydration therapy.

(4) PREVENTION:

The emphasis is on prevention. It runs through all the elements of primary health care.

(5) MULTI SECTORAL APPROACH:

The basic tenet of primary health is that health cannot be achieved by the health sector alone. It requires the joint efforts of other health-related sectors such as agriculture, education, social welfare, etc.

- **COMMUNITY PARTICIPATION**: community participation is the process by which individuals and families assume responsibilities for their own health and welfare and for those of the community and develops the capacity to contribute to their and country's development

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- **HUMAN RESOURCE**: for the effective implementation of primary health care , it is essential to make full use of all the available resources including the human potential of all the country.
- **SERVICES BY COMMUNITY HEALTH WORKER**: community health workers form a link between the community people and the health system. They are given short and simple training to be able to take care of the simple and basic health needs of the people.

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- **REFERRAL SYSTEM**: The patients with severe condition unable to treat at the primary level should be referred to the higher/ specialised centre for the proper treatment.

- **LOGISTICS OF SUPPLY**: It includes planning and budgeting of the supplies required, procurement or manufacture, storage, distribution and control.

- **MULTISECTORAL APPROACH**: For achieving the goals co-ordination with the other sectors is necessary because no sector can achieve its goals in isolation.

- **APPROPRIATE HEALTH TECHNOLOGY**: it implies the use of methods, techniques and equipments which are scientifically sound but simple.

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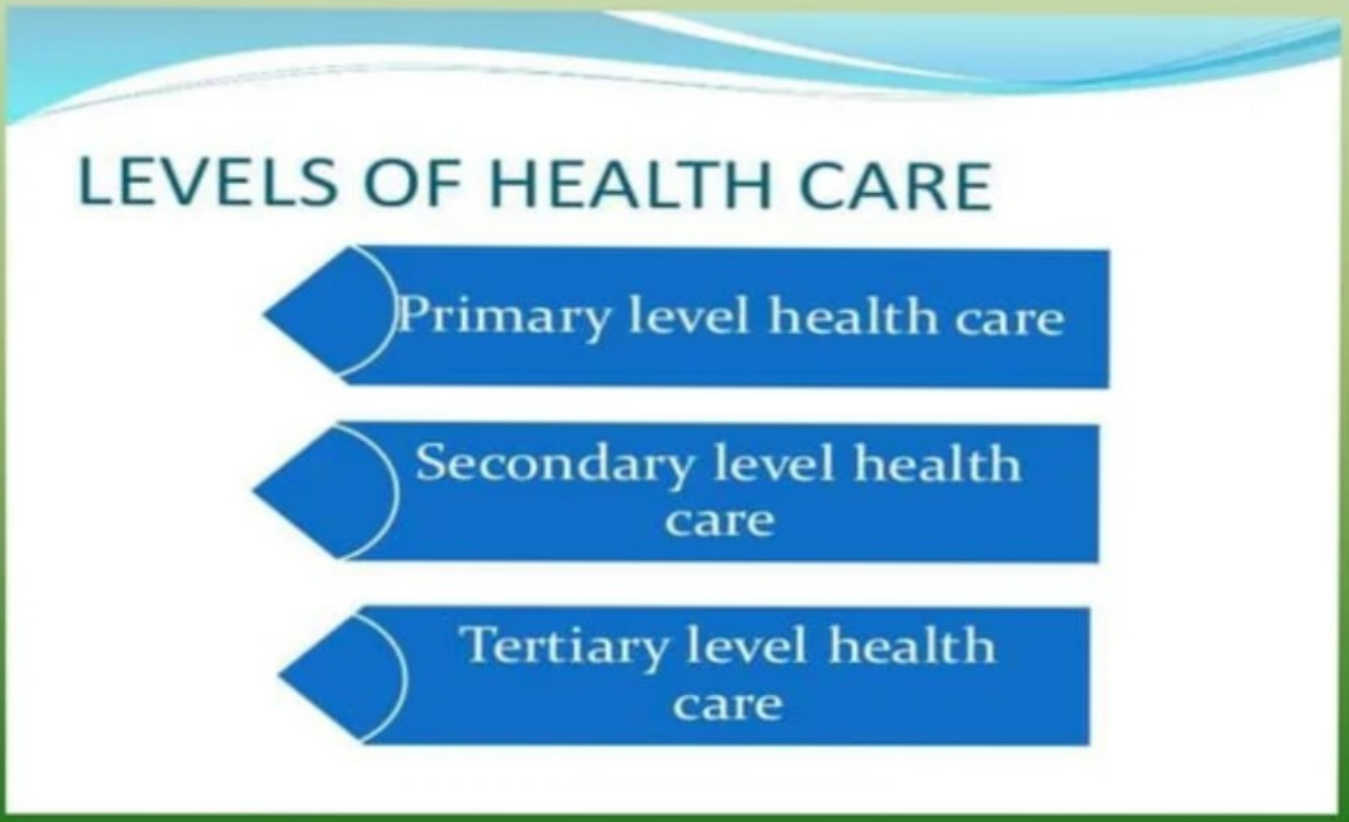
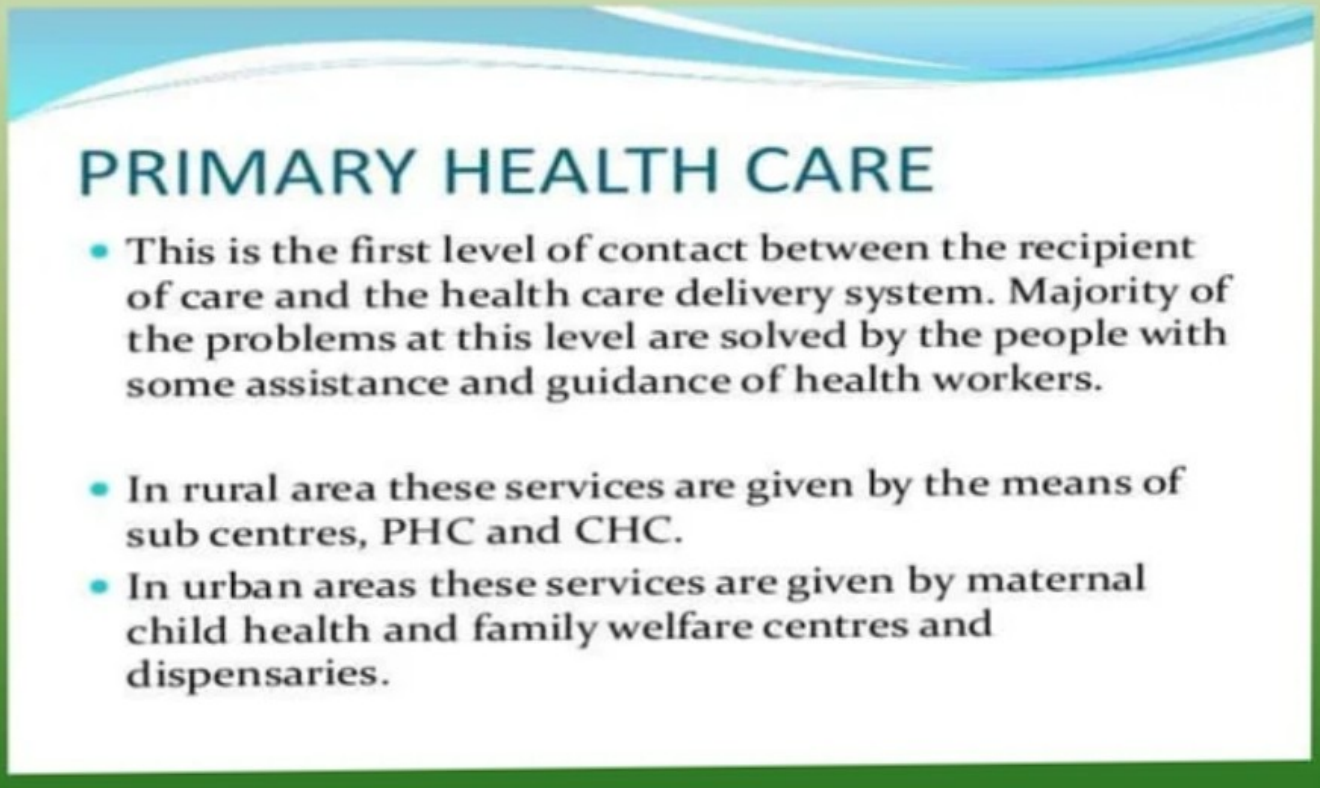
LEVEL OF HEALTH CARE



PRIMARY HEALTH CARE


PRIMARY HEALTH CARE
This is the first level of contact between the recipient of care and the health care delivery system. Majority of the problems at this level are solved by the people with some assistance and guidance of health workers.
In rural area these services are given by the means of sub centres, PHC and CHC.
In urban areas these services are given by maternal child health and family welfare centres and dispensaries.

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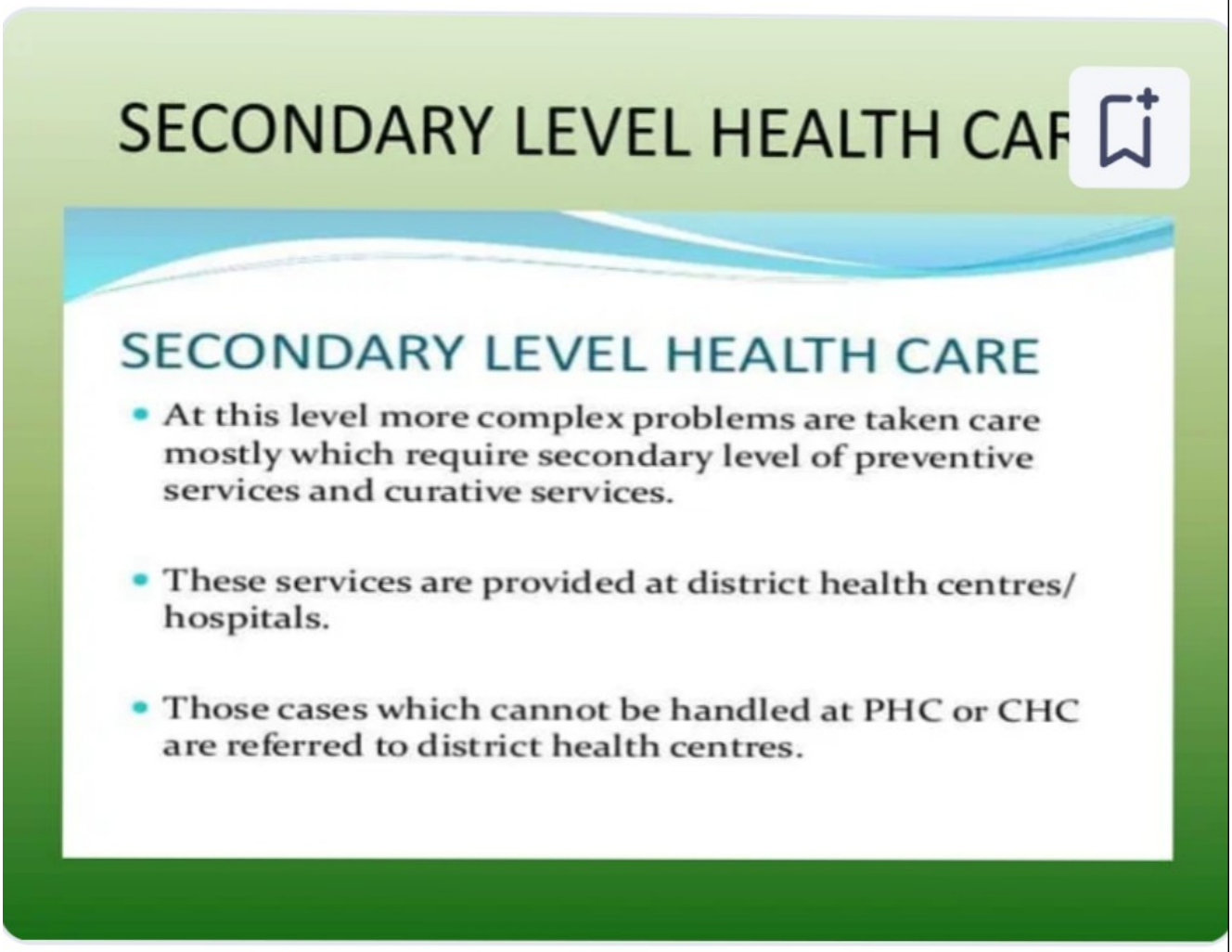
SECONDARY LEVEL HEALTH CAR
SECONDARY LEVEL HEALTH CARE
At this level more complex problems are taken care mostly which require secondary level of preventive services and curative services.
These services are provided at district health centres/ hospitals.
Those cases which cannot be handled at PHC or CHC are referred to district health centres.

TERTIARY LEVEL HEALTH CARE
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This level of health care is provided at the state/regional/central level institutions.
These institutions serve as a referral units for primary and secondary levels.
They also serve as a teaching institution for education and training of various categories of health care professionals.

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Essential components of primary health care

The Declaration of Alma Ata outlined the 8 essential components of primary health care such as principles of,

- 1. Environmental Sanitation- (adequate supply of water and good waste disposal)
- 2. Control of communicable disease
- 3. Immunization
- 4. Health Education
- 5. Maternal and child health and family planning
- 6. Adequate food and proper nutrition
- 7. Provision of medical care and emergency treatment
- 8. Treatment of Locally Endemic Disease
- 9. Provision of Essential Drugs

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